Introduction to Exercise Nutrition

HNF 610: Nutrition & Fitness
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What is Exercise Nutrition?
Six Core Areas for research and study in the field of Exercise Nutrition
• Nutritional Enhancement
• Energy Balance and Body Composition
• Optimal Growth
• Health & Longevity
• Peak Physiologic Function
• Safety
Timeline: 1450 to today
• Leonardo de Vinici 1452-1519 Master anatomist
• Albrecht Durer 1471-1528 “Quadrate Man” differences in body segment ratios
• Michelangelo Buonarroti 1475-1564 “David”
• Andreas Vesalius 1514-1564 Human Dissections
• Santorio 1561-1636 Changes in body weight 30 yrs
• William Harvey 1578-1657 Heart blood one way
• Giovanni Alfonso Borelli 1608-1679 Respiration
• Robert Boyle 1627-1691 Gas varies inversely proportional to its volume
• Rene-Antoine Fercault de Reaumur 1683-1757 Throw up experiments
• James Lind 1716-1794 Scurvy
• Joseph Priestley 1733-1804 Discovered oxygen
• Stephen Hales 1677-1761 Vegetable Statistics & Nerves interact muscles
• Joseph Black 1728-1799 Carbon dioxide
• Lazzaro Spallanzani 1729-1799 Tissues consume oxygen
• Henry Cavendish 1731-1810 Production of hydrogen

Continued until the 1900’s and beyond

• Archibald Vivian Hill 1886-1977 Chemical and mechanical effects in muscle contraction – 1922 Nobel Prize in Physiology
One hundred years of Olympic competition – Athens 1896 to Atlanta 1996